

30 min workout at home



10 Minute Dynamic Warm Up

3 x

Mountain Climbers 20/40/60
10 Push Ups Hands Removed
20 Lateral Skiers
5 V Up

2 x

15 Squats with steering wheel hold
10 Explosion squats (soft landing)
8 Walking lunges
6 Explosion lunges

1 x

3 x :30 sec front plank
2 x :15 sec left side plank
2 x :15 sec right side plank

Stretch and Cooldown

#GOSUNKIST

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